

ESP FOCUS

Understand Terrorism



Earthquakes, floods and wildfires are frightening experiences for most of us. Fear is a natural human reaction to natural disasters and other events that hit suddenly and seem to threaten our safety, our loved ones, and our daily

lives. Terrorists use this natural reaction to multiply the effect of their actions in order to advance their political or social goals. Like bullies in the schoolyard, terrorists want to intimidate and frighten others to get their own way.

Until recently, many Americans believed that terrorism only affected other countries. Now we know that it **can** happen here, but we don't know where or when. Much of the fear caused by terrorism—or the threat of it—is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace.

But the terrorists are **not** in charge. Governmental officials are working hard to find terrorists and to limit their ability to harm Americans. At the same time, there is a lot that **each of us** can do to limit the terrorists' ability to frighten us.

We can take back control over our peace of mind and help ensure our safety by taking some of the same actions that we would take to prepare for earthquakes, floods, or fires.

We can also contribute to the safety of others by becoming more aware of our surroundings and reporting suspicious activities or items to local officials.

TAKE ACTION

The simple steps on the reverse side will help you regain your sense of control, and they could make a big difference in your personal safety in any emergency.

CHECK THESE WEBSITES

www.fbi.gov (Federal Bureau of Investigation)

www.espfocus.org (Emergency Survival Program)

www.dhs.gov (United States Department of Homeland Security)

www.fema.gov (Federal Emergency Management Agency)

www.oes.ca.gov (California Governor's Office of Emergency Services)

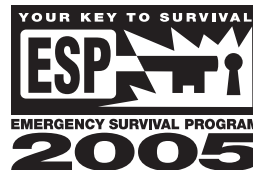
www.redcross.org (American Red Cross)

www.lacoa.org (Los Angeles County Emergency Management)

www.sdcounty.ca.gov/oes (County of San Diego)

www.ci.riverside.ca.us/fire (City of Riverside Fire Department)

www.cert-la.com/education/Terrorism.htm (Community Emergency Response Team)



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WHAT YOU CAN DO NOW

Preparing for terrorist attacks is the same as preparing for earthquakes, fires, and other emergencies. It all starts with a family emergency plan.

- ☐ **Evacuation:** Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- ☐ **Out-of-state contact:** Think how you will get in contact with your family if you become separated. Choose an out-of-state contact that your family members or friends can call to check on each other.
- ☐ **Meeting place:** Decide where you and family members will meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
- ☐ **School plans:** Learn the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Give written permission to a trusted friend or neighbor to pick up your children from school or day care in case you cannot get there on time.
- ☐ **Preparation for children:** Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

Finally, review your emergency plan and assemble and maintain an **emergency supply kit** at home, at work, and in your car.

WHAT YOU CAN DO DURING AN ATTACK

Terrorists are counting on surprise, fear, and confusion to add to the impact of their actions. If you realize an attack is underway, gather all your strength to pause and think. Look around you to see what is happening, and what immediate steps you can take to protect yourself and others.

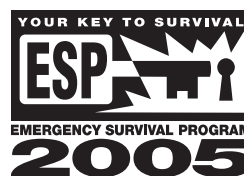
- ☐ If there is flying debris, **drop** down; **take cover** under something sturdy, and **hold on** to something with one hand while protecting your head and neck with the other.
- ☐ If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- ☐ If it is necessary to evacuate, try to do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.

If you are not directly affected by the attack, try to stay calm, think before you act, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

WHAT YOU CAN DO AFTER AN ATTACK

Try to stay calm. Think before you act. Don't let terrorists get what they want most: to hurt a few people in order to intimidate many.

- ☐ Stay informed. Listen to official reports and instructions on the radio or television.
- ☐ If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- ☐ If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- ☐ Do not leave your sheltered location or return to the evacuated area until local officials confirm that it is safe to do so.
- ☐ Implement your family emergency plan, and notify your out-of-state contact of your location and status.
- ☐ Be aware of the psychological impact that terrorism can inflict, even when it happens to people you do not know personally.



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ESP FOCUS

Actions for Threat Levels



The Homeland Security Advisory System was designed after the September 11, 2001 terrorist attacks to provide warnings to the American people about the threat level for a terrorist attack.

The United States Department of Homeland Security has established threat conditions or levels, and each has a specific color. Government emergency managers have specific actions they take depending on the threat level. The greater the risk of a terrorist attack, the higher the threat level.

The United States Attorney General and the Secretary for Homeland Security establish the threat level. The threat level is constantly reviewed and may be changed at any time.

The five threat levels and their meanings are as follows:

1. Low Condition (Green): Low risk of terrorist attacks.
2. Guarded Condition (Blue): General risk of terrorist attacks.
3. Elevated Condition (Yellow): Significant risk of terrorist attacks. The public should be alert to suspicious activity.
4. High Condition (Orange): High risk of terrorist attacks. Officials will take additional precautions at public events and restrict access to some specific sites within a city or area.

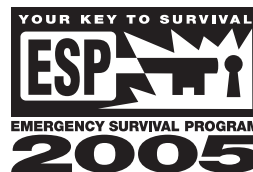
5. Severe Condition (Red): Severe risk of terrorist attacks. Officials may close public and government buildings, activate special teams and limit transportation systems. People should avoid public gathering places and stay tuned to the media.

TAKE ACTION

The reverse side of this sheet has recommended actions for you and your family to take for each of the threat conditions or levels on the Homeland Security Advisory System. The more you know about these actions, the better you can prepare your family.

CHECK THESE WEBSITES

- www.dhs.gov (United States Department of Homeland Security)
- www.fema.gov (Federal Emergency Management Agency)
- www.oes.ca.gov (California Governor's Office of Emergency Services)
- www.redcross.org (American Red Cross)



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HOMELAND SECURITY ADVISORY SYSTEM RECOMMENDATIONS

Follow the actions listed below for the different threat levels.

Low

- Contact your local Office of Emergency Services or American Red Cross for terrorism preparedness information.
- Develop a personal disaster plan and disaster supplies kit.

Guarded

- Be alert to suspicious activity and report it to your local police or workplace security.
- Review stored disaster supplies and replace items that are outdated.
- Develop an emergency communication plan.
- Contact your children's schools to determine their emergency notification and evacuation plans.
- Establish an alternate meeting place away from home.

Elevated

- Be alert to suspicious activity and report it to your local police, sheriff, or workplace security.
- Review your disaster plan with all family members.
- Make sure that your disaster supplies kit is stocked and ready to use.
- Have shelter in place materials on hand.
- Check telephone numbers and e-mail addresses in your family emergency communication plan and update them as necessary.
- Develop alternate routes to/from school/work and practice them.

High

- Be alert to suspicious activity and report it to your local police, sheriff, or workplace security.
- Exercise caution when traveling.
- Listen to the radio/TV for current information and/or instructions.
- Ensure that your communication plan is understood and practiced by all family members.
- Discuss children's fears concerning possible terrorist attacks.
- If a need is announced, donate blood at a designated blood collection center.

Severe

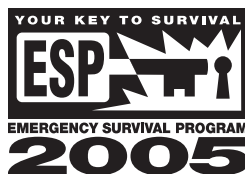
- Listen to the radio/TV for current information and/or instructions.
- Be alert to suspicious activity and report it to your local police, sheriff, or workplace security immediately.
- Contact your business or school to determine the status of work or school day.
- Adhere to any travel restrictions announced by local authorities.
- Be prepared to shelter in place or evacuate if instructed to do so by local authorities.
- Discuss children's fears concerning possible or actual terrorist attacks.

SUSPICIOUS ACTIVITIES

The following are examples of suspicious activities that you should report to authorities:

- Unusual behavior, incidents, or smells
- Unusual dress for the season
- Large purchases of fertilizer or similar products
- Missing uniforms or identification
- Unusual or unattended packages or suitcases

Sources for this document include the "FEMA: KIDS – Homeland Security Advisory System" (www.fema.gov) and the American Red Cross "Homeland Security Advisory System Recommendations"



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ESP FOCUS

Tune In!



Acts of terrorism can happen suddenly and without warning. The result is usually a feeling of helplessness and confusion. Terrorists want to promote political or social objectives by creating fear and

uncertainty. But the terrorists are not in charge. It's up to you to take control of your circumstances. One way to do this is to learn where and how to get critical and possibly life-saving information when a terrorist attack or other disaster occurs.

There are systems in place to keep you informed during emergency situations. The most well known of these systems is the Emergency Alert System (EAS). It replaced the Emergency Broadcast System nationwide on January 1, 1997. The EAS is used to provide the public with immediate messages that affect life or property. The most common reasons to activate the EAS today include acts of terrorism, 9-1-1 system failures, severe weather warnings, hazardous material incidents, tsunami warnings, evacuation orders, and other threats. A threat may be widespread or localized.

Participation in the EAS by the nation's broadcasters is voluntary except in the event of a national emergency. The only EAS message that is mandatory is the warning of a national emergency by or for the White House. Besides the White House or federal activation of the EAS, there are three primary participants in the EAS: (1) The

broadcasters (AM and FM radio, TV stations, and the Cable TV industry); (2) the National Weather Service for weather-related warnings and (3) state and local emergency management agencies for civil emergencies.

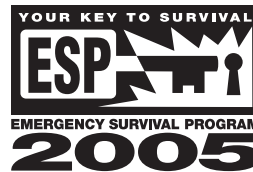
The Emergency Digital Information Service (EDIS) delivers official information about emergencies and disasters to the public and the news media in California. Other states and countries may have similar services. EDIS has been in operation since 1990. In 1999 the statewide EDIS network was upgraded to add image and sound capabilities and to use an advanced satellite datacast technology for reliable statewide service.

TAKE ACTION

Follow the steps outlined on the reverse side of this sheet. Remember to tune in to your local radio or television for official warnings, alerts or health advisories during the next disaster.

CHECK THESE WEBSITES

- www.oes.ca.gov (Governor's Office of Emergency Services)
- www.ready.gov (United States Department of Homeland Security)
- www.espfocus.org (Emergency Survival Program)
- www.redcross.org (American Red Cross)
- www.cert-la.com/education/Terrorism.htm (Community Emergency Response Team)
- www.fema.gov (Federal Emergency Management Agency)



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WHAT YOU CAN DO NOW

Being aware and prepared is your best defense against acts of terrorism or other emergencies. The steps recommended below are just a reminder of the common sense things that we have all learned over the years on how to protect ourselves.

- ☐ Find out what radio and television stations have agreed to broadcast emergency alerts and advisories.
- ☐ Make sure you have a portable radio with extra batteries at home, at work and in your car emergency kits.
- ☐ Update your personal emergency contact information and your out-of-state contact information.
- ☐ If you are hearing or visually impaired, find out which television or radio stations have plans to provide information you can use.
- ☐ Be aware of your surroundings and report any suspicious activities to local authorities.
- ☐ Check your employer's procedures for instructions about reporting to work after an emergency.
- ☐ Learn the emergency policies of your children's schools.

WHAT YOU CAN DO DURING AN ATTACK

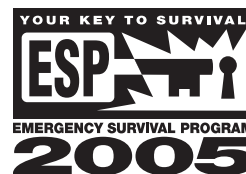
Government officials are on the alert to any possible actions by terrorists. At the first sign of an event, they will issue specific instructions for your safety.

- ☐ Listen to emergency news broadcasts on the radio or television.
- ☐ Listen to emergency responders like police and firefighters who arrive to help.
- ☐ Follow instructions quickly and carefully.
- ☐ Do not believe or spread rumors.
- ☐ If family members or co-workers don't speak English, have problems hearing or seeing, explain to them what is happening and what officials are telling you to do.
- ☐ Check government and media websites.

WHAT YOU CAN DO AFTER AN ATTACK

Try to remain calm and be a calming influence on those around you. Your decisive action may help others to overcome their anxiety and to act appropriately. Keep the following steps in mind.

- ☐ Stay informed. Listen to official reports and instructions on the radio or television.
- ☐ Cooperate quickly with local officials and follow their instructions regarding evacuation routes and shelter locations.
- ☐ Implement your family emergency plan and as soon as it's safe to do so, notify your out-of-state contact of your location and status.
- ☐ Limit your exposure to television, radio, and internet viewing of the incident. Don't go on information overload.
- ☐ Resume normal activities as soon as possible.
- ☐ Use the telephone only for emergencies.
- ☐ Don't sightsee in the affected area.



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ESP FOCUS

Be Aware! WMDs



Terrorists may use various weapons to threaten or harm people. Some weapons, like bombings, can injure small numbers of people but gain lots of publicity. Other types of weapons can harm large numbers of people over a longer time frame. These are

sometimes called Weapons of Mass Destruction or WMDs for short. These weapons can be chemical, biological or radiological in nature.

A chemical attack is the deliberate release of poisonous vapors, aerosols, liquids or solids that have toxic effect on people, animals, birds or plants. These substances are called chemical agents. They can be released into the air by bombs or aircraft, or they can be introduced into the environment in liquid form.

A biological attack is the deliberate release of germs or other substances, which are called biological agents. To become sick from a biological agent, a person must eat or breathe it, or it must enter the bloodstream through an open cut in the skin. The diseases that biological agents cause may or may not be passed from person to person.

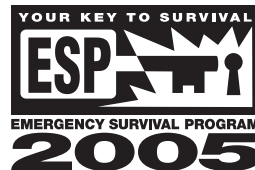
A "dirty bomb" is a kind of radiological attack that uses conventional explosives to spread radioactive materials over a targeted area. A "dirty bomb" kills or injures people with the impact and debris of the explosives. A "dirty bomb" does not produce a nuclear explosion.

TAKE ACTION

Check out the other side of this sheet for practical, affordable and useful things you can do to help protect yourself, your family, your neighborhood and your coworkers. These simple steps may help you balance protection with peace of mind.

CHECK THESE WEBSITES

- www.bt.cdc.gov (Centers for Disease Control and Prevention)
- www.whitehouse.gov/homeland (United States Department of Homeland Security)
- www.hopkins-biodefense.org (John Hopkins University Center for Biodefense Studies)
- www.labt.org (Los Angeles County Department of Public Health)
- www.redcross.org (American Red Cross)
- www.fema.gov (Federal Emergency Management Agency)
- www.howstuffworks.com/dirty-bomb.htm (How Stuff Works)
- www.terrorismanswers.com/weapons/dirtybomb (Council on Foreign Relations)



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WHAT YOU CAN DO NOW

- ☐ Learn the correct procedures to follow and the safest actions to take in case of a chemical, biological or radiological attack.
- ☐ Assemble and maintain an emergency supply kit.
- ☐ Don't purchase gas masks or stockpile antibiotics.
- ☐ Keep good records of family members' medical history, inoculations, prescriptions and allergies.
- ☐ Have a list of important telephone numbers—including your physician's number—available and current.
- ☐ Use good personal hygiene. Wash your hands often.
- ☐ Always stay alert to your surroundings:
 - Tell authorities if you see any unusual or unattended parcels or suitcases.
 - Pay attention to unusual behavior, incidents, or smells.

WHAT YOU CAN DO IN CASE OF AN ATTACK

If you become aware of an unusual or suspicious release of an unknown substance nearby:

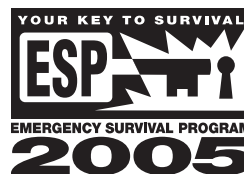
- ☐ Remain calm.
- ☐ Get away from the substance as quickly as possible.
- ☐ Cover your mouth and nose with layers of fabric that can filter the air but still allow you to breathe.
- ☐ If possible, remove and bag any contaminated clothing and wash with soap and water.
- ☐ Contact your local police, sheriff, or workplace security.

If a WMD emergency is declared in your area:

- ☐ Listen for official news and instructions:
 - The signs and symptoms of the suspected illness
 - The groups or areas that authorities consider to be in danger
 - Plans for distributing medications or vaccines
- ☐ Be especially alert to signs of illness, but do not automatically assume that any illness is the result of the attack.
- ☐ Wash your hands often with soap and water.
- ☐ If you think you have been exposed to a chemical, biological or radiological agent, seek medical advice.

Listen to the radio or television for official instructions, and follow them carefully. Official instructions might include:

- ☐ Evacuate: Authorities may tell you to leave your house and go to a safer area. In this case, take your emergency kit, identification, keys, and pets.
- ☐ Shelter in Place: Stay exactly where you are (your house, workplace or even car), and close windows, doors and vents until it is safer to breathe the outside air.



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Take Cover!



Terrorists use violence or the threat of violence to advance their political, social or religious goals. In recent years, bombing has been a popular weapon for terrorists around the world.

Explosive devices can be simple and home made, or technically complex. Bombs can be large or small, and can easily be disguised. They can be thrown into an area, left behind and triggered remotely or when they are disturbed. They also can be carried or driven into a target area by a suicide bomber.

Most of the bombings in this country are attributed to vandalism or mailbox bombings. Professional terrorists, on the other hand, look for targets that symbolize their causes and that will gain them maximum attention: government buildings, corporations, banks, airports, embassies, cultural landmarks, animal laboratories, abortion clinics, and tourist attractions.

The Department of Homeland Security and law enforcement agencies have taken extensive measures to prevent explosive attacks by terrorists. Public places, airports, critical infrastructure, and governmental facilities have implemented far greater security measures than before September 11, 2001.

TAKE ACTION

Every American can help in the effort to make us safer from bombings by being alert to any suspicious activity, making sure homes and families are prepared with emergency supplies and plans, supporting emergency preparedness training for children and schools, and exercising caution when traveling. Follow the steps outlined on the reverse side of this sheet.

CHECK THESE WEBSITES

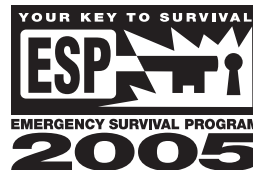
www.fbi.gov (Federal Bureau of Investigation)

www.tsa.gov (Transportation Security Administration)

www.dhs.gov (United States Department of Homeland Security)

www.atf.gov (Bureau of Alcohol, Tobacco, Firearms and Explosives)

www.consumer.gov/postalinspectors/aboutus.htm
(United States Postal Inspection Service)



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WHAT YOU CAN DO NOW

PREPARE AT WORK

- ☐ Review your company's procedure for dealing with bomb threats. If one does not exist, work with the appropriate personnel to establish a policy or procedure.
- ☐ Canvass work areas to become familiar with objects that belong there.
- ☐ Establish a signal that receptionists and others who answer phones can use to indicate that they are receiving a threat.
- ☐ Develop a bomb threat checklist.
- ☐ Identify and practice using evacuation routes.

IF YOU RECEIVE A BOMB THREAT

- ☐ Keep your voice calm and professional. Do not interrupt the caller, and keep the caller on the line as long as possible.
- ☐ Signal a co-worker that you have received a bomb threat, and have him or her notify your security officer and local law enforcement immediately.
- ☐ Advise the caller that there are people in the building and innocent persons could be killed or injured.
- ☐ Ask the caller to repeat the message, with as much detail as possible.
- ☐ Immediately after the call, write down every detail that you remember, and give a copy of your notes to your security officer or supervisor.
- ☐ Examine work areas as well as common areas such as lunchrooms, mail rooms and restrooms to identify suspicious packages. What is here that doesn't belong?

IF YOU LOCATE A SUSPICIOUS PACKAGE

Whether at work or in a public place, you should regard unattended or unusual packages or luggage with suspicion.

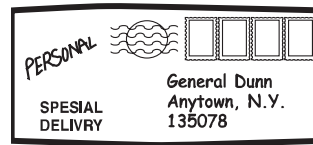
- ☐ Look for possible owners.
- ☐ Get a detailed description of the article (size, color, markings, odors, sounds).
- ☐ Note the exact location and approximately when the item was first noticed.
- ☐ Using a conventional, wired telephone, contact a supervisor, security officer, or the police.
- ☐ Do not use a cordless phone, cellular telephone, walkie-talkie or radio.
- ☐ Do not touch or move the object. Do not turn lights or thermostats on or off. Treat the object as potential evidence.
- ☐ Prepare for possible evacuation.

If you are suspicious of a mailing and you can't verify the contents with the sender or the addressee:

- ☐ Don't open it.
- ☐ Treat it as suspicious.
- ☐ Isolate it.
- ☐ Using a conventional, wired phone, call **9-1-1**.

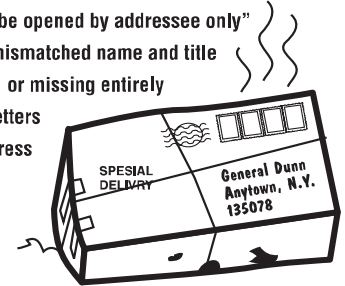
HOW TO IDENTIFY A POSSIBLE MAIL BOMB

Here's what to look for:



- Too much postage
- Bulges or soft spots
- Unbalanced weight
- Misspelled words
- Sounds

- Restrictive markings: "Personal," "To be opened by addressee only"
- Addressed to someone's title only, or mismatched name and title
- Return address is fictitious, unfamiliar, or missing entirely
- Badly typed or written; cut-and-paste letters
- Postmark city different from return address
- Wrapped with string or retaped
- Protruding wire or aluminum foil
- Oily stains on wrapping
- Strange odor



IF THERE IS AN EXPLOSION

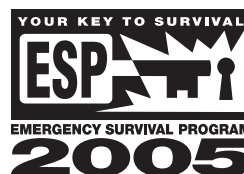
- ☐ Take shelter under a desk or a sturdy table.
- ☐ Exit the building as quickly as possible.
- ☐ Do not use elevators.
- ☐ Check for fire and other hazards.
- ☐ Take your emergency kit if time allows.

IF THERE IS A FIRE

- ☐ Crawl below the smoke level and exit the building immediately.
- ☐ Use a wet cloth to cover your mouth and nose, if possible.
- ☐ Feel the top of a closed door with the back of one hand. If the door is hot, look for another exit.
- ☐ If you catch on fire, do not run. **STOP, DROP, and ROLL** to smother the flames.
- ☐ Never re-enter a burning building. Gather at a pre-designated meeting point.
- ☐ Call the fire department.

IF YOU ARE TRAPPED IN DEBRIS

- ☐ If possible, use a flashlight to signal your location.
- ☐ Avoid unnecessary movement so that you don't kick up dust, dislodge debris, cause yourself further injury or exhaust yourself.
- ☐ Cover your mouth and nose with anything you have on hand. Try to breathe through the material.
- ☐ Tap on a pipe or wall so that rescuers can hear where you are.
- ☐ Use a whistle if one is available. Shout only as a last resort when you hear the sounds of rescuers, because shouting can cause a person to inhale dangerous amounts of dust.



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ESP FOCUS

Have a Safe Trip!



Whether it's a weekend away or the vacation of a lifetime, a little time away from home can be full of fun and adventure. For some families and business travelers, however, the prospect of traveling in the wake of 9/11 might seem a little frightening. The good news is that with a little extra planning and attention to detail, vacations and business trips can still be safe, enjoyable and productive.

In fact, governmental agencies have focused a lot of attention on travel safety since September 11, 2001. New security procedures at airports and in planes have made air travel safer. The travel and tourism industry has also strengthened programs to ensure that people can enjoy road trips, hotel stays, and destination visits with confidence.

As always in these times, it makes sense to be alert and observant. We should always be aware of our surroundings and report any suspicious activities to the authorities. In selecting routes and destinations, we should avoid locations where there is active hostility. And it is always wise to be knowledgeable about our destination, to have planned our trip carefully, and to be courteous guests when we travel.

Whether it's a weekend away or the vacation of a lifetime, a little time away from home can be full of fun and adventure. For some families and business travelers, however, the prospect of traveling in the wake of 9/11 might seem a little

TAKE ACTION

The reverse side of this sheet offers useful checklists for safe travel by air, vehicle, or by other means, including planning and packing, securing your home while you're gone, and adapting to new security measures. These simple steps may help you enjoy your family vacation, getaway weekend, or business trip with more peace of mind.

CHECK THESE WEBSITES

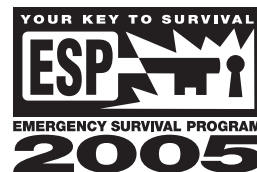
www.tsa.gov (Transportation Security Administration)

www.cdc.gov/travel (Centers for Disease Control, travel alerts)

www.aaa-calif.com/travel/tips (Automobile Club of Southern California, travel tips)

www.dhs.gov (United States Department of Homeland Security)

www.state.gov/travel (United States Department of State)



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J U N E

www.espfocus.org

WHAT YOU CAN DO NOW TO PLAN A SAFE TRIP

- ☐ Start early. Allow enough planning time to research your destination and to find the best routes. Take advantage of resources like the Automobile Club, visitors' bureaus, and websites to plan your trip and make reservations.
- ☐ Learn what conditions are like in the place you plan to go. If you're leaving the country, check the US State Department for travel advisories.
- ☐ Make sure your identification, passport, driver's license, emergency contact lists and insurance are all up-to-date.
- ☐ Have enough cash and credit for your planned trip and to handle any emergencies that might arise during your travel.
- ☐ Handle your credit cards, etc., carefully.

TO PACK FOR A SAFE TRIP

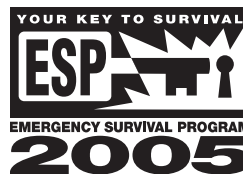
- ☐ Strictly obey rules on what you can and can't carry on an airplane. (For details, see the Transportation Security Administration web site, www.tsa.gov)
 - Never carry weapons, explosives, flammable items or disabling chemicals
 - Sharp objects, tools and some sporting goods may be carried in checked baggage, but not in carry-on bags
 - Do not leave unprocessed film in checked bags
- ☐ Don't lock your luggage. Instead, carry a few plastic cable ties to secure zippers. If Federal Security Screeners need to open and search your bag, they will leave a note inside the bag and use a cable tie to close the zipper again.
- ☐ Put personal belongings in clear plastic bags so that screeners can see them without handling them.
- ☐ Pack footwear on top of other items in your suitcase.
- ☐ Place your name, home address, itinerary, and destination inside each bag.
- ☐ Bring only as much luggage as airline rules permit.
- ☐ If you are carrying gifts, wait to wrap them until you arrive at your destination.
- ☐ Don't bring agricultural products across state lines, and never carry fruit or vegetables out of a quarantined area.

TO PROTECT YOUR HOME IN YOUR ABSENCE

- ☐ Arrange to stop your mail, newspapers, and other routine deliveries.
- ☐ Have a neighbor keep plants watered, pick up packages, and check the house from time-to-time.
- ☐ Leave copies of your itinerary, passport data page and visas with a trusted friend, so you can be contacted in case of an emergency.

AT THE AIRPORT, TRAIN STATION, BUS DEPOT OR SEAPORT

- ☐ Arrive early. Recommended check-in times vary by carrier.
- ☐ Confirm which parking lots are open. Allow extra time for possible inspection of your vehicle, for parking and for shuttle transportation.
- ☐ Bring a photo identification for every person 18 years and older, and a valid passport if your destination is outside the United States.
- ☐ Bring all travel documents.
- ☐ Keep your luggage with you at all times, and report any suspicious or abandoned items to security officers.
- ☐ Avoid wearing clothing, jewelry or other accessories that contain metal.
- ☐ Avoid carrying metal items such as keys, change, lighters, cell phones, pagers and personal data assistants in your pockets. Place them in your carry-on until you clear security.
- ☐ If you are traveling with children, tell them in advance about the screening process and reassure them that their personal items will be returned to them after screening.
- ☐ Do not make jokes about threats such as bombs or explosives.



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

ESP FOCUS

Stay or Go!

Chemical releases and accidents involving gasoline, oil, paints and other hazardous materials can cause a wide range of serious injuries and possibly death from exposure to vapors, fumes and smoke.

Sometimes, local officials may ask the public to protect themselves by staying inside their homes, cars and offices. At other times, local officials may order an evacuation to a safe area. This focus sheet provides some basic preparedness tips and explains the difference between these two protective measures.

SHELTER IN PLACE

BEFORE



1. CONDUCT a hazard hunt of your home, business, school, and community. (Refer to the June 2001 ESP Focus Sheet — www.espfocus.org)



2. DEVELOP a plan for your family, business, school and community that includes places where you could reunite if you are forced to leave.



3. STORE at least a 72-hour supply of food, drinking water and other supplies.

DURING



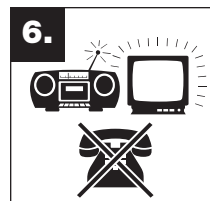
4. GO indoors immediately. If indoors, **STAY** indoors. **STAY** in your car if driving. **CLOSE** doors, windows, vents and openings. **SHUT OFF** heating and air conditioning systems,

and close ventilation systems.



your face and mouth with a wet cloth.

5. GO to the room with the least amount of windows, doors and other openings. **SEAL** openings or cracks with duct tape, plastic sheeting or wet towels. **COVER**



6. LISTEN and watch for instructions from local officials. **USE** the phone **ONLY** for emergencies.

AFTER



7. STAY inside or in your vehicle until advised that it is safe to go outside.



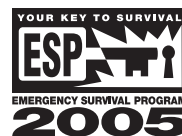
8. VENTILATE your house, apartment, building or vehicle. **STAY** outdoors during ventilation.

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com/education/SpecialConsiderations.htm (Community Emergency Response Team)



JULY

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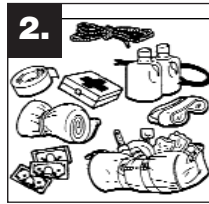
EVACUATION

Evacuation orders may come with little or no warning. Even so, you can use the tips below to prepare for the possibility of evacuating as part of your personal preparedness efforts at home and work.

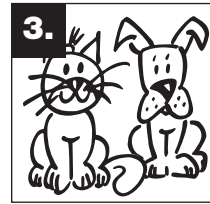
BEFORE



1. IDENTIFY possible places to reunite with family members after the event as part of your emergency plans.



2. ASSEMBLE enough food, drinking water, medicines, and other supplies to last at least three days in an emergency kit or backpack that is easy to transport.

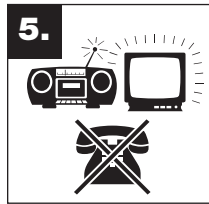


3. IDENTIFY facilities that care for pets during disasters since pets are not allowed in American Red Cross shelters. (Service animals are allowed.)



4. MAKE plans for children, seniors and others with special needs. **CHECK** with your schools, work place and other sites about their evacuation plans.

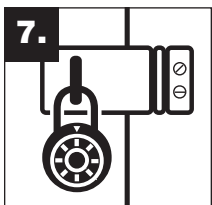
DURING



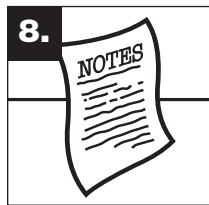
5. LISTEN to the radio or watch TV for information from local officials. **FOLLOW** their instructions. **REMAIN** calm. **USE** the phone **ONLY** to report life-threatening emergencies.



6. RETRIEVE emergency supplies and evacuation kits if possible. Be sure to include medications. Take these with you.



7. SECURE the building if possible. **TURN OFF** utilities only if instructed to do so by local officials.

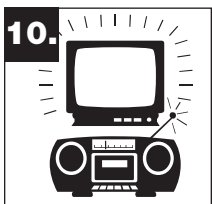


8. LEAVE a note indicating your destination if possible.

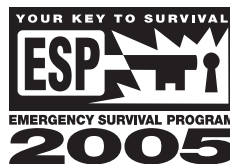


9. REPORT to the evacuation site, using recommended routes given by local officials.

AFTER



10. LISTEN for further instructions from local officials.

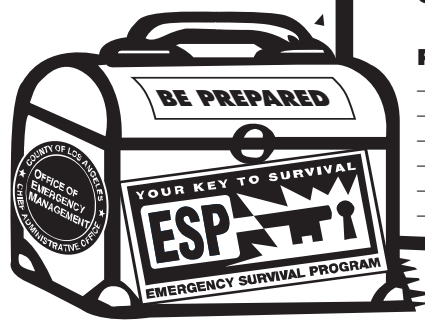


American Red Cross assist in the development of campaign materials and coordination of the campaign.

CLIP out this Evacuation Checklist and save it for future reference. ➔

EVACUATION CHECKLIST

If you are asked to evacuate due to an emergency, use the following list of items as a suggestion of what to take with you, along with your Emergency Supply Kit.



CASH AND CREDIT CARDS IMPORTANT DOCUMENTS

- ___ Social Security Card
- ___ Drivers License
- ___ Passport
- ___ Medical Records
- ___ Insurance Information

CHANGE OF CLOTHING (for each family member)

- ___ PERSONAL HYGIENE ITEMS
- ___ Toothbrush and toothpaste
- ___ Shampoo
- ___ Lotion
- ___ Soap
- ___ Deodorant
- ___ Kleenex and toilet tissue

FAMILY PHOTOS

BABY ITEMS

- ___ Diapers
- ___ Formula
- ___ Food
- ___ Change of clothing

SPECIAL NEEDS ITEMS

- ___ Wheelchair
- ___ Medications
- ___ Canes

PET CARE ITEMS

- ___ Identification
- ___ Immunizations
- ___ Carrier or cage
- ___ Muzzle and leash
- ___ Food

ESP FOCUS

Be Safe at Work



Terrorists use our natural fears to advance their political and social goals. So it is important to their strategy to create a violent and frightening environment that affects as many people as possible. This makes it likely that a terrorist attack would

occur in a public place, a business, or a transportation facility, rather than at home or in your neighborhood.

Such an attack could be carried out in various ways: a bomb, a release of a toxic substance, sabotage against a community's infrastructure, or an attack on a business's computer systems. The objective of this FOCUS sheet is to help take the terror out of terrorism by informing business owners, managers, and employees of ways they can take an active role in preparing themselves against the effects of terrorism at work.

TAKE ACTION

Take the "terror" out of terrorism

The reverse side of this sheet outlines important things you can do to be well-prepared for any emergency, including the possibility of a terrorist attack. It also details what you should do during such an attack, and reminds us of the potential mental health impact of the sometimes-violent world we live in, with the threat of terrorism in the forefront of our minds. Don't wait: get started right away to do everything you can to be safe at work.

WHAT YOU CAN DO NOW

Know your company's emergency evacuation plans

Refresh your knowledge regarding how your company will notify employees of an emergency, using a public address or alarm system. Take the time to walk your evacuation route—taking note of exit signs, doors, and stairways—and learn who is designated to do the last-minute search of your work area. Make sure you know where you should assemble and who is responsible to account for employees and visitors.

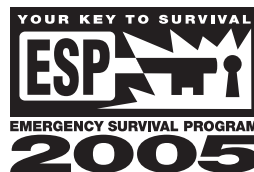
If you do evacuate, be sure to take your keys and identification in case you have to leave without going back inside. If your parking lot has electric gates, make sure you know who can bypass the system to let you out. Under some circumstances, someone might need to turn off utilities or isolate portions of the building's heating, ventilation and air conditioning systems before you leave.

In case an event happens after hours, be sure you know your company's procedures to advise employees whether to report to work, or whether to report to an alternate location.

Know your company's security plans

Most businesses operating in high-rise buildings have developed security plans to control access to their facilities. Take this opportunity to review your company's procedures regarding identification badges, sign-in rosters, night

CHECK THESE WEBSITES



www.oes.ca.gov (Governor's Office of Emergency Services)

www.espfocus.org (Emergency Survival Program)

www.apa.org (American Psychological Association)

AUGUST

www.espfocus.org

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access, key controls, and procedures to bring in visitors. Some work places may limit the use of cameras.

Learn your company's procedures for handling incoming mail and packages, and for observing parking lots and receiving docks.

Be personally prepared

Part of being safe and able to focus at work is having the peace of mind that family members are safe and accounted for. Develop a family emergency plan that includes a way to communicate with family members after an event. Select a family member or friend out of the local area who will convey everybody's situation to the others and a family meeting place other than your home. Carry photos of family members that you can show authorities in case you get separated. Make up a portable personal emergency kit to keep at your desk and in your vehicle.

Be vigilant

In order to gain access to company premises, terrorists might try to get past security controls using stolen or falsified identification or uniforms. Protect company ID badges, uniforms, and letterhead just as you would keys and passwords.

Watch for possible indicators of terrorist surveillance. Experts say that terrorist operations are often carefully planned and supported by information gathered at the scene in advance. Watch for anyone showing unusual interest in your security measures, or cameras. Watch for people who seem to be watching your facilities. Keep an eye out for mobile surveillance passing by your location repeatedly or without apparent reason. Carefully maintain visitor logs, computer security procedures, bag checks, perimeter security and other access control procedures. Watch out for parcels, briefcases, or other abandoned items that seem out of place.

WHAT YOU CAN DO DURING AN ATTACK

Terrorists are counting on surprise, fear, and confusion to add to the impact of their actions. If you realize an attack is underway, gather all your strength to pause and think. Look around you to see what is happening, and what immediate steps you should take to protect yourself and others.

- ☐ If there is flying debris, **drop to the ground**, take cover under a sturdy piece of furniture, **cover** the back of your neck with your arms, and **hold on**, just as you would for an earthquake.
- ☐ If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- ☐ If it is necessary to evacuate, do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.

If you are not directly affected by the attack, remain calm, encourage others, and comfort children. Turn on radio or television, and listen for official instructions. Follow the directions of authorities.

WHAT YOU CAN DO AFTER AN ATTACK

Be aware of the psychological impact that terrorism can inflict, even when it happens to people we do not know personally.

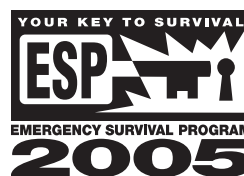
If employees are experiencing the effects of trauma, employers might observe symptoms such as these:

- ☐ Recurring thoughts or conversation about the incident.
- ☐ Becoming afraid of everything, not leaving the house, isolating oneself.
- ☐ Stopping usual functions, not maintaining daily routines.
- ☐ Survivor guilt: "Why did I survive? I should have done more."
- ☐ Tremendous sense of loss.
- ☐ Reluctance to express feelings, losing a sense of control over life.

Employers can support employees experiencing such trauma in several ways. For example:

- ☐ Convene small groups with an Employee Assistance Program counselor or other mental health professional so people can share feelings.
- ☐ Make efforts to reestablish routines.
- ☐ Limit exposure to media coverage.

Remember, every one of us has the power and the knowledge to take the terror out of terrorism by becoming an informed and prepared business owner, manager, or employee. Start now to take an active role in preparing yourself and your coworkers against the effects of terrorism at work.



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

ESP FOCUS

ABC's of School Preparedness



Our natural reaction to events like terrorist attacks or school shootings is shock and astonishment. "How could it happen here?" we wonder. Unfortunately, schools are not exempt from the threat of terrorism and other violence.

There is a lot that can be done by school officials to plan for disasters, to limit the risk, to protect the safety of students and teachers, and to ensure that schools recover quickly. However, the clock is ticking. The time to prepare is right now. Parents should know the policies and procedures of their children's school during times of disaster or crisis and should be involved in the planning process as much as possible. Parents should also make sure the school has their updated emergency contact information and should consider giving written permission to a trusted friend or neighbor to pick up their children from school or day care in case they cannot get there on time.

Many states now require specific disaster preparedness activities in their school systems. In California, for example, schools are required to have a disaster plan, to hold periodic drop, cover and hold drills and to hold educational and training programs for students and staff. Whether mandated or not, all schools should have an emergency response plan that addresses the following:

- ☐ Identification of hazards and steps to reduce the risk

- ☐ Evacuation plans and routes
- ☐ Needs of students and staff with disabilities
- ☐ Onsite shelter plans
- ☐ Emergency supplies and equipment
- ☐ Plans for releasing students and school personnel
- ☐ Communication

While planning for a future disaster may seem overwhelming, it is not impossible, and the benefits far outweigh the time and trouble it takes to prepare a school plan.

It is also important for schools to plan in advance to deal with the problem of psychological trauma after a disaster. Signs to look for include withdrawn and/or more aggressive students, those acting overly responsible or parental, children who are edgy, jumpy, quick to anger, out of control or with a non-caring attitude. Encourage teachers to discuss these and other changes in behavior with parents.

TAKE ACTION

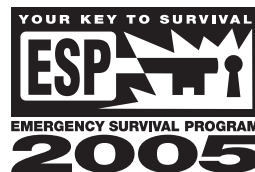
The reverse side of this sheet offers additional information for preparing your school and students for the next disaster. You can help take the terror out of terrorism by preparing in advance.

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com (Community Emergency Response Team)



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SEPTEMBER

www.espfocus.org

WHAT YOU CAN DO NOW

Parents have an important role in assuring the safety of their children whether at school or at home. The suggestions below are guidelines for you to follow.

- ☐ Teach your children what to do in an emergency and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.
- ☐ Prepare a school emergency kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child's emergency kit is as follows:

- Emergency drinking water (3-day supply)
- Non-perishable food (3-day supply)
- First aid kit and book
- Essential medications
- Lightstick or a flashlight with extra batteries
- Identification card
- Family photos
- Towelettes
- Blanket
- Medical release card
- Emergency telephone numbers
- Change of clothing
- Favorite toy










SCHOOL PROJECT

Classroom Activity

Use the ESP Activity Sheets below in your classroom to stress the importance of preparing for emergencies.

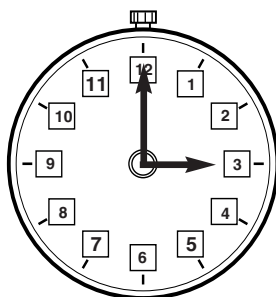
ESP Activity Sheet

Write the names of the items that belong in your family emergency kit!

A	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
B	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
C	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>			
D	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>				
E	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		
F	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>				
G	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>				
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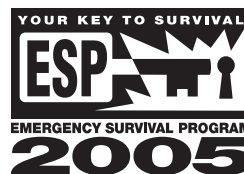
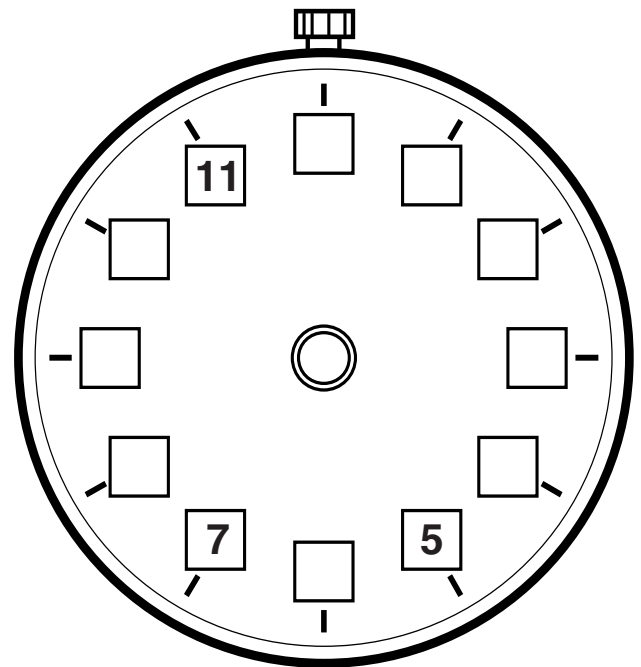
ANSWERS

- A. FLASHLIGHT
- B. CAN OPENER
- C. WRENCH
- D. FOOD
- E. FIRST AID
- F. WATER
- G. RADIO
- H. CASH



ESP Activity Sheet

Emergencies can happen at any time! Write the numbers on the clock. Now draw the hands on the face to show *your* favorite time of day. Be prepared for an emergency at all times!



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ESP FOCUS

Stop, Think, Look, Act

WHEN THE UNEXPECTED HAPPENS IN PUBLIC PLACES



Since childhood we have been taught how to “**Stop, Drop and Roll**” for fires and to “**Drop, Cover and Hold**” for earthquakes. Also we may have been taught other emergency steps for various natural disasters in our community. Our concentration, until

now, has been on what to do in the places where we spend most of our time: at home, school, and work.

The climate of terrorism presents us two new challenges. One challenge is that large, crowded public places may be specifically targeted for attacks. Terrorism experts tell us that certain types of targets—financial centers, airports, religious facilities, shopping malls, amusement parks, and sporting events—may be singled out. This is because many people could be hurt at once. Since the World Trade Center attacks, many of these targets have been strengthened.

Our other challenge is that terrorists rely on shock and surprise. Remember, they want to create the most possible publicity for their causes. They hope that people will forget everything they know about how to react in an emergency and panic instead. So it is wise for us to think how we will transfer what we have learned over the years to emergencies that occur suddenly in crowded, public locations.

Terrorists want to disrupt our daily lives. Let's not give them that satisfaction. Continue to live your life, but be alert and aware of your surroundings.

TAKE ACTION

On the other side of this sheet, you will find some suggestions for taking the terror out of a terrorism attack in a public place. We are each equipped with powerful tools against terrorism: our eyes, our ears, and our knowledge of life-saving behavior in an emergency.

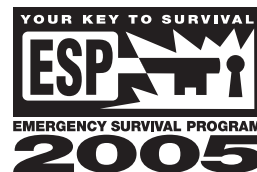
CHECK THESE WEBSITES

www.dhs.gov (United States Department of Homeland Security)

www.redcross.org (American Red Cross)

www.cert-la.com/education/Terrorism.htm (Community Emergency Response Team)

www.fbi.gov (Federal Bureau of Investigation)



This flyer is courtesy of

O C T O B E R

www.espfocus.org

WHAT YOU CAN DO NOW

The focus of these suggestions is to draw on all the common sense and life-saving tips we have learned over the years about how to respond to earthquakes and other natural events.

WHEREVER YOU ARE, STOP, THINK, LOOK, AND ACT

STOP

When you realize something dangerous is happening, resist the urge to panic and run. Wait a moment to get your bearings and to understand what is going on.

THINK

Remember all the things you have learned about safe behavior in emergencies.

- ☐ If there is debris falling, **drop** down; **take cover** under something sturdy, and **hold on** to something with one hand while protecting your head and neck with the other.
- ☐ If there is smoke, stay near the floor.
- ☐ If you need to evacuate, look for marked exits and don't use elevators.

You know these things; practice them and call on them when you need them. Pay attention to what is happening. Make a quick plan to protect yourself and move away from the danger.

LOOK

Look around you. Where is the source of the problem? What is your most immediate source of danger: broken glass, fire, other people running without thinking, smoke? Where are your safest exits? Are you actually hurt or just really frightened? Are there people around you who need help?

ACT

All this may take only seconds; but it could save your life and the lives of others. By pausing first to stop, think, and look, you can act with a clear goal in mind. Your decisive action and calmness may help others to overcome anxiety and also act appropriately.

Examples of things you should report to authorities include the following:

- ☐ Unusual behavior, incidents, or smells
- ☐ Unusual dress for the season
- ☐ Large purchases of fertilizer or similar products
- ☐ Missing uniforms or identification
- ☐ Unusual or unattended packages or suitcases

SPECIAL TIPS:

If you are at a shopping mall:

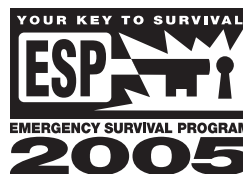
- ☐ Look out for broken glass from store fronts. If you are inside a store, take cover until things settle down, and then assess what has happened. If you smell something odd, cover your nose and mouth with a cloth. Most malls have well-trained security forces and they have plans in place for most emergencies, including terrorist attacks. They will probably use a public address system to give you specific, life-saving instructions. Most malls also have emergency lighting that will come on, even if it takes a few minutes. **If you need to evacuate, use only marked exits, avoid elevators, and follow the instructions of security officials.** Carry small children so that they can't be overtaken by the movement of a crowd.

If you are at a sports arena, theater, or religious facility:

- ☐ If there's an earthquake, explosion, or even a shooting, get down between the rows of seats, and drop, cover and hold until things settle down. If you smell something strange, cover your nose and mouth with a cloth. If you smell smoke or see fire, listen for warnings or instructions over the public address system before choosing a direction to evacuate. Carry small children so that they can't be overtaken by the movement of a crowd. Be careful of bottlenecks at exit points.

If you are at an airport:

- ☐ American airports have been the focus of special security planning by government officials for years. Security officials have detailed plans for all kinds of emergencies, and will give travelers and airport employees specific instructions. Follow their directions, and use all the power of your mind to avoid panic and encourage others to act appropriately. Never leave your luggage or personal items unattended. If you see something that seems suspicious, tell a security officer.



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ESP FOCUS

Get Involved!

COMMUNITY RESOURCES



The ability of your neighborhood, workplace or school to respond effectively after an act of terrorism, a large earthquake, or another disaster might depend on how well you use resources available in your community now.

Local fire, law enforcement, medical services and other personnel might be overwhelmed and unable to assist you after a damaging event. But they can help you prepare to be self-sufficient if you use their services before the next emergency.

The Community Emergency Response Team (CERT) program can also be a useful resource. It is a nationwide all-risk, all-hazard training program. This valuable course is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation, such as a terrorist attack. CERT is a positive and realistic approach to emergency and disaster situations where citizens may initially be on their own and their actions can make a difference. One goal of the CERT program is to help people respond effectively and efficiently to others in need without placing themselves in unnecessary danger. You can be a CERT volunteer. Information is available at www.cert-la.com or call your local Office of Emergency Services.

There are other ways you can become a volunteer in your community. Check with your local Red Cross or Salvation Army chapter, or with your religious center. Start a Neighborhood Watch program. Check with your local Office of Emergency Services or local police.

Another helpful resource to find out what's available is INFO LINE, an integrated system of help via the telephone. INFO LINE is a single source for information about community services, referrals to human services, and crisis intervention. It is toll-free and operates 24 hours a day. Multilingual caseworkers and TDD access is available.

Learning about these and what other resources are available in your community and using them now is an important step in preparing for future disasters.

TAKE ACTION

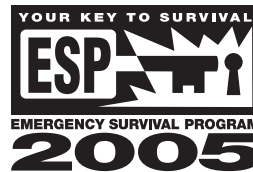
On the other side of this sheet you will find useful information on additional resources that may be available. Don't let events catch you by surprise. The preparations you make today will increase your peace of mind in any emergency, even a terrorist attack.

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com (Community Emergency Response Team)



This flyer is courtesy of

N O V E M B E R

www.espfocus.org

WHAT YOU CAN DO NOW FIND OUT WHAT'S AVAILABLE

Local government is usually the first to respond to emergencies. Additional assistance from neighboring cities and the impacted county might be available if your city uses all of its resources. As resources from the surrounding cities and the county are used up, personnel and equipment from communities outside the impacted area might be brought in to assist.

A disaster in a heavily urbanized area might temporarily overwhelm the emergency response system, leaving you, your neighbors or co-workers on your own for several hours or days. Be prepared to:

- ☐ Provide food and water to those who don't have or cannot get to their own emergency supplies.
- ☐ Provide basic first aid to family members, neighbors, co-workers or classmates who are injured.
- ☐ Conduct light search and rescue operations to account for everyone and remove those who are trapped.
- ☐ Assess obvious external damage to homes and other buildings and report information to local officials.
- ☐ Listen to the radio for safety information from government officials and details about available resources.

NEIGHBORHOOD RESOURCES

Prior to the next emergency it's important to determine what skills you might be able to draw from your own neighborhood. Among your neighbors, there might be:

- ☐ Emergency planners
- ☐ Firefighters
- ☐ Health care professionals
- ☐ Police officers, deputy sheriffs or other law enforcement officers
- ☐ Community Emergency Response Team (CERT) members
- ☐ Citizen Corps Councils
- ☐ Others with helpful skills

These individuals or groups can be useful resources for information, planning, training and other aspects of your preparedness and response efforts.

GOVERNMENT RESOURCES

Local, state, federal and volunteer agencies such as the American Red Cross are other sources for information about individual, family, community, business and school preparedness. Before the next emergency, get information that will help you better prepare.

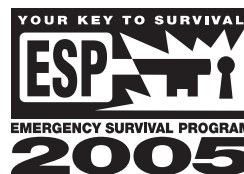
Ask these agencies to provide speakers and training on emergency preparedness and response for your business, church, temple or mosque. Involve experts from these organizations in any planning, training and exercises in which your neighborhood, workplace or school is involved. Their observations and input will help improve your response to an actual emergency.

Get trained. The Red Cross provides first aid/CPR and other preparedness training.

A checklist of agencies that might be able to assist you with resources before and/or after a major disaster includes the following:

- ☐ American Red Cross
- ☐ Salvation Army
- ☐ City/County Office of Emergency Services
- ☐ Community Emergency Response Teams

Sources for this document include the OES publication "Organizing Neighborhoods for Earthquake Preparedness."



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ESP FOCUS

Give a Gift of Life



Show you care!

Are you having trouble deciding what to get a family member, friend or co-worker for the holidays or an upcoming birthday? If so, a survival gift might be the answer, especially for someone who hasn't already bought or assembled their own emergency preparedness kit. Flashlights, portable battery-operated radios, first aid kits and other emergency supplies will be valuable after a damaging earthquake, act of terrorism, or another disaster since people living in the affected area might have to rely on themselves for at least 72 hours.

How

Make a list of persons for whom you're going to buy or assemble survival gifts. List what you think everyone needs. Depending on your financial situation and the needs of the people on your list, you might get one item or an entire kit. You also can coordinate with other relatives, neighbors, friends, and coworkers to buy different emergency supply items or to assemble kits as a group project, with each participant contributing one item to the kits.

TAKE ACTION

The reverse side of this Focus Sheet offers suggestions on holiday gifts that will help prepare your friends, family, and neighbors for the next emergency.

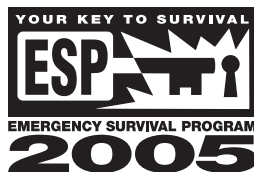
These are only suggestions for preparing your family. Use discretion and common sense in your preparations.

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com (Community Emergency Response Team)



This flyer is courtesy of

DECEMBER

www.espfocus.org

Suggested Gifts and Approximate Price Ranges

(Many of the items have been highlighted in previous ESP Focus sheets.)



Less than \$5

Bottled water: For drinking

Dust mask: To reduce inhalation of dust particles

Emergency (foil) blanket: For warmth

Emergency reflectors (set of four): To warn approaching vehicles that a car is stopped or abandoned

Local maps: To guide you if you need to use alternate routes to walk or drive to your destination

Manual can opener: To open canned goods in an emergency

Nonperishable food: Dried fruit, unsalted nuts and other high-energy foods to provide nourishment and energy

Safety lightsticks: To provide light, especially good for use by children

Whistle: To signal, attract or call for help in an emergency

\$5-10

Books, games, toys: To provide comfort to children after an emergency

Comfort and personal hygiene kit: Mouthwash, toothbrush, toothpaste, wet wipes, deodorant, sunscreen, etc.

Flashlight, spare bulb, and batteries: To provide light if power is out or the user needs to walk home at night

Pocket knife: To cut rope or other materials

Sturdy work gloves: To protect hands from sharp objects and debris



\$10-20

Duffel bag or backpack: To store items that comprise an emergency kit

First aid kit (for one) and book: To treat cuts, burns and abrasions

Hand tools: Wrenches, crowbars, pliers, screwdrivers, etc., to help turn off utilities, remove debris, etc.

Multipurpose ABC

-type fire extinguisher: To help combat small residential fires that might result from downed power lines, damaged wiring in appliances or other causes since firefighters might not be available for at least 72 hours

Portable battery-operated radio: To provide access to information and instructions if power is disrupted

Over \$20

Camp stove or barbecue: For outdoor cooking should gas leaks or other factors make cooking indoors impractical

Commercially made emergency kit: For home, office or car

Battery Operated Lantern: To provide emergency lighting that does not rely on an open flame

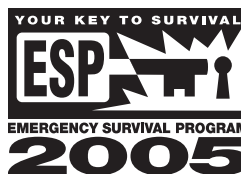
Sleeping bag: To provide warmth and comfort if you have to sleep outside

Sturdy shoes: To protect feet from broken glass and other sharp objects

Tent: To provide protection from rain, wind and other environmental elements

Priceless

Donate blood at a designated blood collection center



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